

**Core Integration -
Including the Viscera in Structural Work**
With Liz Gaggini, M.A.

Katonah, New York
November 4-13, 2012



"I can't tell you how much of an impact the Visceral Class has had on my work. Being aware of that level of touch and sensitivity has enhanced my ability tremendously." - Michael Polon, Denver -

The fascia of the viscera has strong effects on the structure. Releasing strains in the visceral fascia can be very helpful in enhancing core transmission and organizing the spine, pelvis and shoulder girdle. This comprehensive eight-day class will cover indirect and direct work with the organs of the pelvis, abdomen and thorax. Detailed anatomy and the structural relationships of the viscera will be central to this class. We will cover both normal and abnormal mobility and motility. All of the information and techniques will be presented for working from a structural perspective. Several ways of seeing, assessing and treating visceral restrictions will be shown.

This class is the result of twenty years of my study of visceral manipulation and my ongoing attempts to find value in visceral techniques for structural work. There is a safe and profoundly healing way of working with the fascia of the viscera that greatly helps with the goals of Structural Integration. Any fixation in the viscera can affect line, balance and ease just as a fixation in the myofascia or a joint would. By understanding the anatomy of the viscera and how to combine indirect and direct techniques we can release, balance and integrate this core fascia and further open and align the entire structure.

Location and Lodging

Class location is 102 Moseman, Katonah, NY: There are private and shared bedrooms available to rent at the class house. Rooms will be \$75 a night for privates and \$40 a night for shared. There are hotels within 15 miles in Mount Kisco, NY and Danbury, CT.

Travel from New York City is 67 mins. on the Harlem Line out of Grand Central. Free shuttle is available to the class sight from the Katonah station. The best airports are JFK and LaGuardia, then the Airport Bus to Grand Central, train to Katonah and free shuttle to the class site. The closest Amtrak station is Croton Harmon with a free shuttle to the class site.

"This Core Integration course is the most profound continuing education course I have taken. I now see, sense, and feel more three-dimensional connections in my clients. Many of my clients had structural patterns that were not affected by traditional SI work, because the source was a visceral restriction. When I returned home and used the techniques, their alignment improved dramatically. This workshop has deepened all aspects of my work." - Anita Boser, Seattle-

Registration

Early Registration Discount: The class is \$1200 with a deposit of \$400 **received** 45 days prior to the first day of class, \$1400 with later deposit. Repeating participants can take a 50% discount. Early deposit deadlines apply to repeating participants.

Final Tuition: Your final tuition can be sent at any time but is due to be received no later than two weeks prior to the class. Information for downloading the class study manual will be sent once the class has its minimum enrollment and your final tuition is received.

Payments: Make checks payable to **Adaptive Alignment, LLC**; mail to, **Adaptive Alignment, 7582 Las Vegas Blvd. South, Suite # 345, Las Vegas, NV 89123-1060.**

Credit Card Payment: You can pay by credit card at **www.paypal.com**. This is a very safe and reliable site. When you are asked where you are sending funds, give the email address, **adaptive.alignment@yahoo.com**

Cancellations: Deposits and tuition payments are only refundable if the cancellation is received more than 30 days prior to a class. A 25% administration fee will be deducted.

Open to all practitioners of Structural Integration. Other bodywork practitioners are welcome with instructor approval. You can contact Liz at lizgaggini@gmail.com for more information.

Continuing Ed: This class offers forty eight hrs of Level Two continuing education credit with the IASI and eight Manipulation Level continuing education credits for Rolf Institute certification.

This class will be kept small so you will receive a lot of individual attention. Learning visceral work can be intense. We will take two days off after the 4th day to help ease the process. You will be sent study materials in advance of the class. This class will fill so you should register early if you want to reserve a place.

Advanced classes: Advanced Visceral classes are offered once or twice a year in the US on the east coast and in the west.

One – Review of the Basic Class - based on the requests of the students, this is an opportunity to review and deepen your work with the areas and techniques of the basic class.

Two – Accessory Organs - work for additional visceral organs and tissues including, gall bladder, pancreas, spleen, endocrine glands, and circulatory system.

Three – Advanced Indirect Techniques and Integrative Pathways - regions, systems and techniques that can increase the effectiveness and integrative potential of your visceral work.

2012 Advance Classes - Advanced Visceral Retreat - **Big Island, Hawaii**, late January & early February 2012, includes all three seminars; and Individual Advanced 3-Day classes through the fall in Katonah, NY.

Information on this and other classes is always available at www.connetivetissue.com.
You can email Liz at lizgaggini@gmail.com